



Monthly Newsletter

Here's what has happened in the last month and what's to come!

Over the past month, we are proud to report significant progress in our journey with the Unmasked Neurodiversity Network. One of our primary focuses has been on establishing partnerships with organisations that share our vision and values, and we are thrilled to announce that we have had numerous productive meetings with such organisations.

These collaborations are instrumental in helping us grow and expand our reach within the neurodivergent community.

Despite our progress, we are still in search of a permanent place to call home for the Unmasked Neurodiversity Network. Recognising the importance of having a dedicated space for our operations and community activities, we have intensified our efforts in this regard.

We are currently in talks with several organisations that have expressed interest in supporting us by providing a suitable space and assisting us with funding opportunities. These discussions represent an exciting step forward for us as we work towards establishing a physical hub where individuals of all neurodivergent profiles can come together, access support services, and participate in community events.

While we continue our search, we remain committed to finding a space that aligns with our mission of creating a safe and inclusive environment for the neurodiversity community.

We are grateful for the support and encouragement we have received thus far, and we look forward to the opportunities that lie ahead as we continue to grow and strengthen our network.

We want to hear from you! If you have ideas for community events, resources, or initiatives, or if you would like to share your expertise or talents with the community, please reach out to us. Your contributions help us create a stronger, more vibrant community for everyone.

In this newsletter you can expect:

Community
Updates

Volunteer

Event News

Toni & Sarah
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Community News

Thanks to your incredible support and generosity, we have raised a total of £54.37 through easyfundraising and £600 through crowdfunding efforts. These funds are invaluable to us as we embark on this journey to create a safe and inclusive space for the neurodivergent community.

We extend our heartfelt appreciation to each and every one of you who has contributed to our fundraising efforts so far. Your support is making a tangible difference in helping us achieve our goals.

As we navigate these early days of our organisation, every donation brings us one step closer to realising our vision. The funds raised will be instrumental in covering essential expenses such as rental costs, insurance, furniture, art supplies, and more. Your contributions enable us to create a welcoming and supportive environment where individuals of all neurodivergent profiles can access the resources and support they need.

We are immensely grateful for your generosity and unwavering support. Together, we can continue to spread the word about our cause far and wide, inviting others to join us in making a positive impact on the lives of neurodivergent individuals.

If you haven't already, please consider sharing our cause with your friends, family, and networks. Together, we can create more awareness and raise additional funds to support our mission.

<https://www.justgiving.com/crowdfunding/UnmaskedCIC>

<https://www.easyfundraising.org.uk/causes/unmasked-neurodiversity-network-cic/>

Thank you once again for your kindness and generosity. We are truly humbled by the outpouring of support from our community.

Volunteering

In the coming months, we plan to focus on further developing our programs and services to meet the needs of the neurodivergent community. We are exploring partnerships with other organisations and professionals to expand our reach and impact. Additionally, we will continue to raise awareness about neurodiversity and advocate for greater understanding and acceptance.

We are also excited to announce the upcoming launch of our low-cost counselling service through the Unmasked Neurodiversity Network. Our team of trained and counsellors in training is dedicated to offering personalized support and guidance to individuals navigating neurodiversity. Stay tuned for more details on the launch of this service.

We are in the process of recruiting volunteers and counsellors who are training on the diploma level or above to join our team. If you know of anyone who you feel would add to our community and share our passion for supporting neurodiversity, please encourage them to contact us.

Together, we can make a difference and create a community where neurodiversity is celebrated, supported, and embraced.

Event News

We are thrilled to announce that we have an exciting initiative on the horizon: the launch of our low-cost counselling service through the Unmasked Neurodiversity Network. While the service has not yet been officially launched, we are diligently working behind the scenes to make it a reality in the near future.

Our team consists of both trained and counsellors in training, all of whom are dedicated to offering personalized support and guidance to individuals navigating neurodiversity. Whether it's addressing challenges related to autism, ADHD, dyslexia, or other neurodivergent profiles, our counselling service will provide a safe and empathetic space for individuals to explore their thoughts, feelings, and experiences.

We understand the importance of accessible mental health support, especially within the neurodivergent community. That's why we are committed to offering our counselling service at a low cost, ensuring that individuals can access the help they need without financial barriers.

Stay tuned for more updates on the launch of our low-cost counselling service. We look forward to sharing further details and information on how you can access support through the Unmasked Neurodiversity Network.

Our Month...

Sarah McKimm

Navigating Late-Diagnosed ADHD: Challenges and Strategies

For most of my life, I felt like I was swimming upstream, struggling to keep pace with those around me. My late diagnosis of ADHD brought relief and grief—relief in understanding my struggles and grief for lost time. Along with Toni, starting a Community Interest Company (CIC) focused on neurodivergence seemed like the perfect way to channel my understanding, but it hasn't been without challenges.

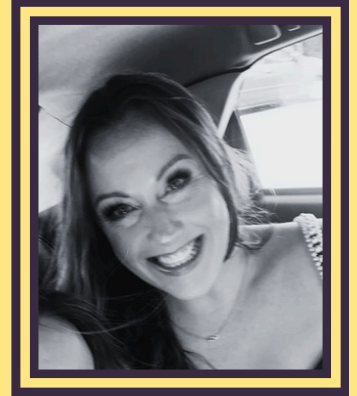
Meeting new people and building relationships, crucial for the CIC's success, can be daunting with ADHD. Rejection Sensitivity Dysphoria (RSD) adds another layer of complexity, making perceived criticisms in meetings feel intensely painful. Often, I felt like I was letting the team down, driven by the fear of not being good enough.

To overcome these challenges, I've implemented several strategies:

1. ***Acceptance and Acknowledgement***: Recognising ADHD and RSD as part of who I am helps me be kinder to myself.
2. ***Building a Supportive Network***: Colleagues and mentors provide a safe space for expressing concerns and countering negative thoughts.
3. ***Setting Realistic Expectations***: Breaking tasks into smaller steps and celebrating small victories builds confidence.
4. ***Mindfulness and Self-Care***: Practices like deep breathing, meditation, and regular exercise reduce anxiety and improve focus.
5. ***Professional Help***: Therapist specialising in ADHD and RSD offer tailored strategies.
6. ***Open Communication***: Being transparent with my team fosters support and effective problem-solving.

Starting a CIC has been a journey of personal growth. Embracing my neurodivergence and implementing these strategies has allowed me to navigate challenges with resilience. I hope my experiences offer comfort and inspiration to others, reminding us that together, we can create a world that celebrates neurodivergence and fosters belonging for all.

Love Sarah x



Toni Denton

It's Toni here, and I wanted to take a moment to share a little glimpse into my world over the past month.

As a parent, a counsellor, and someone navigating life with ADHD, I've certainly been kept busy!

Balancing the needs of my clients, my family, and myself can be quite the challenge. However, amidst the hustle and bustle, I've been intentional about carving out moments for self-care.

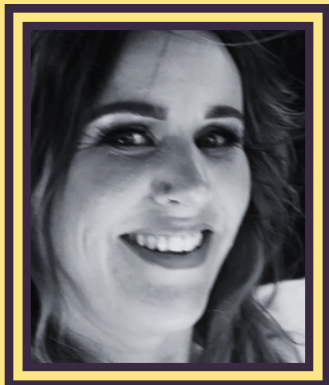
Self-care isn't just a luxury for me – it's a vital part of my routine. It's what helps me stay grounded and maintain my resilience, even when life gets overwhelming. Whether it's indulging in a creative project like crocheting, spending quality time with my beloved dogs Daisy & Dora, or practicing yoga and meditation to find moments of peace, I've made self-care a non-negotiable aspect of my life.

Finding that balance isn't always easy, but I've learned that prioritising my well-being is essential for both my personal and professional life. It allows me to show up as the best version of myself for those who depend on me.

So, as we navigate the ups and downs of life together, I encourage you all to remember the importance of self-care. Whether it's through small daily rituals or larger moments of indulgence, finding ways to nurture yourself is crucial for your overall well-being.

Thank you for allowing me to share a glimpse of my journey with you. Your support and understanding mean the world to me.

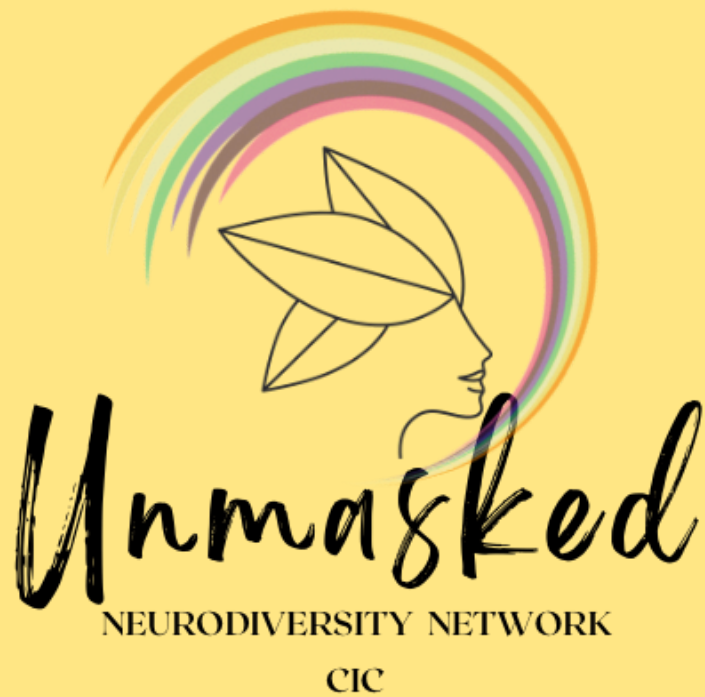
Love Toni x



As we embark on this journey together with Unmasked Neurodiversity Network, we wanted to take a moment to share some notes to remember, especially as we navigate these early days.

- **Patience and Persistence:** Building something meaningful takes time. please be patient with us and the process, we remain persistent in our pursuit of our goals, no matter the obstacles.
- **Prioritise and Delegate:** With our own counselling practices alongside setting up the CIC, it's crucial we prioritise tasks and delegate responsibilities where possible. This will help us manage our time and energy effectively.
- **Celebrate Small Wins:** Each step forward, no matter how small, is progress worth celebrating. Let's acknowledge and celebrate the small victories along the way.
- **Stay Connected to Our Why:** we remind ourselves daily of the reason we embarked on this journey in the first place. Keeping the mission and vision of Unmasked Neurodiversity Network at the forefront of our minds will guide us forward.
- **Self-Care is Non-Negotiable:** Amidst the busyness, we will prioritise self-care. Taking breaks, practising self-compassion, and nurturing our own well-being is essential for sustained success.
- **Flexibility is Key:** We are prepared to adapt and pivot as needed. The journey may not always go as planned, and that's okay. We aim to remain flexible and open-minded to new possibilities.
- **Celebrate Each Other's Strengths:** We recognise and celebrate each other's strengths and contributions. We both bring unique skills and perspectives to the table, which will be invaluable in building Unmasked Neurodiversity Network.
- **Trust the Process:** Lastly, we trust that we're exactly where we need to be. With dedication, resilience, and a shared vision, we'll make a profound impact on the Neurodivergent community.

Toni & Sarah
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CONTACT US:



<https://unmaskednn.co.uk>



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